bio Luvil

NO 8
IN A SERIES

MINI
Vegetable guide

Always select young vegetables that are colourful, crisp and firm. Prepare by rinsing in water, peel thinly when necessary and cook quickly in a small amount of water or stock to maintain crispness. Serve immediately tossed in butter, with herbs or spices. Enjoy vegetables any time — add to soups, casseroles, savoury rice and pasta — or just blanch and serve cold with salad dressings.

EGG PLANT (AUBERGINE) Just wipe, slice, sprinkle on salt, stand ½ hour. Drain. Saute in hot oil. Serve hot with grated cheese, chives, or parsley. Also stuff with your favourite savoury filling and bake.

BROCCOLI Trim and cut flowers and stalks to equal lengths. Cook in boiling, salted water, covered until just tender. Serve hot with lemon juice, melted butter or cheese sauce.

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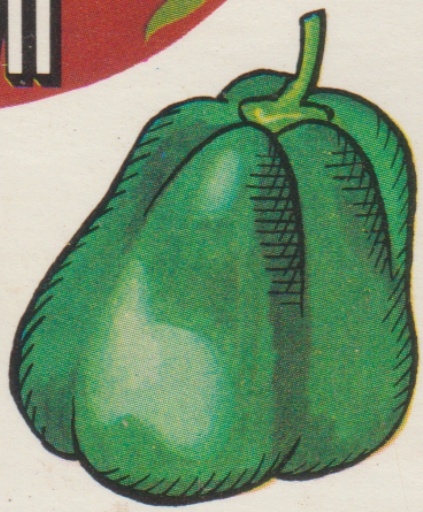
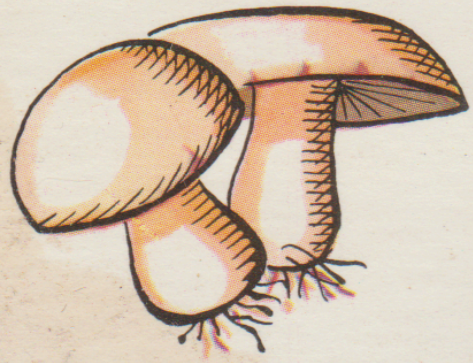


PEPPER (CAPSICUM) Many varieties from sweet, mild, hot — ripen from green, yellow to red. Discard inside seeds, chop then add to all savoury dishes and salads. Also stuff and simmer in tomato sauce.

RED CABBAGE Rinse in cold water, shred finely and serve cold with salad dressing. Delicious cooked slowly, covered with chopped apple, onion, bacon cubes, spices, wine or stock and served hot with a meat or poultry dish.

ASPARAGUS Select slender, fresh-coloured spears, scrape any "woody" stems, tie in bunch, stand up in saucepan of boiling salted water to below tops and cover. Drain, serve hot or cold.



MUSHROOMS Do not peel young mushrooms, rinse in fresh water if gritty. Saute in melted butter with onion, wine or fresh dairy cream. Delicious in sauces, casseroles, stuffing or salads.

ZUCCHINI (COURGETTES) Wipe, slice, blanch in boiling water for 5 mins. Drain, serve hot, tossed in butter, pepper and spices — or cold with salad. Also dip in milk and flour then fry till crisp.

ARTICHOKE Remove tough leaves, trim base. Cook in boiling water with salt, lemon juice till tender (40 mins.). Serve hot with butter sauce or cold with dressing. Eat base of each leaf and centre "heart".